SECOND CLASS POSTAGE PAID

The Orthodox Herald

Celebrating our 42nd year

Vol. 42 No. 5 ISSUE 496 SEPTEMBER 1993 35¢ Per Copy

THE CROSS

Overheard at the jewelry counter: "Do you want just a plain cross or do you want one with the little man on it?" Shocking? As wearing a cross is in fashion now even those who are not religious can be found wearing a cross because all the stars and many models on the fashion pages seem to be wearing them. If I see someone wearing a cross prominently displayed, I assume that they are not Orthodox. Orthodox Christians wear their neck crosses tucked inside their outer clothing.

What does the Cross symbolize to a Christian? It represents the sacrifice of Christ, the taking upon Himself of all the sins of the world, the atonement of all Creation. It represents, not a fashion note, but the triumph of our Lord, as well as His death. It represents triumph over death and sin, the life-giving and soul-saving return of our Lord to His world — the Resurrection.

On September 14/27 we celebrate the Elevation of the Cross. It commemorates the finding of the True Cross on which Jesus was crucified and its elevation, its raising high, so that more people could see it.

This action of elevating the Cross has been followed in the Orthodox Church since September 14/27, 335. During the Matins on this day, the priest incenses the Holy Cross, which is specially decorated with flowers and sometimes with some herbs, and he carries it lifted high above his head, around the altar in procession and then to the small table in the middle of the church (tetrapod), where he places it to be especially venerated for seven days. This day is so important on the Church Calendar that we are taught to hold a fast on this day to show that we acknowledge Jesus' sacrifice on the Cross for our sakes.

We remember that in the late 60's it was fashionable for the "flower children" and hippies to wear large crosses as part of doing their thing. It is again fashionable. With a true Christian

Continued on Page 27, Col. 3

Memories are treasures,
that time cannot destroy.
They are happy pathways,
to yesterday's bright joys!

THE NEW YEAR

The New Year has begun on various days throughout history. September 1, March 1 and January 1 among the most common.

The Church New Year still begins on September 1/14. There are several reasons given for this. First, this is the day Jesus started His ministry and secondly, in 312 Emperor Constantine granted the right for people to profess their Christianity. The Jews observed this day as the New Year. Our Saviour came to Nazareth, the town in which he was raised and He entered the synagogue as was His custom on the Sabbath. He read the words of the Prophet Isaiah 61:1-2 as stated in Luke 4:16-21: "The spirit of the Lord is upon me. He has anointed me to preach the good news ... to preach the acceptable year of the Lord." The entire story should be read in St. Luke because it clearly shows that this was the beginning of His ministry. He had just been baptized by St. John, had been tempted by the devil and now He had stated His Mission: "And He said to them. This day is the scripture fulfilled in your ears."

In commemoration of these two events, the beginning of Christ's public ministry and the freedom given to the Christian Church by Constantine, the First Ecumenical Council established September 1/14 as the beginning of the New Year.

The liturgical hymns of the day are directed to the Creator and Sustainer of all visible and invisible things of creation. They implore the Heavenly Father to bless the New Year, to grant good weather and an abundance of food crops, to bestow His benediction upon all we do, to forgive us our sins, to grant peace to the Church and to remove from the Church all false teachings.

THE BIRTH OF THE VIRGIN MARY

The birth of the Virgin Mary, which we commemorate on September 8/21, was prophesied by many Old Testament prophets. There is no account of her birth in the Bible, but information about her may be found in the **Apocrypha**. These are writings which are sometimes called **The Lost Books of the Bible**. The birth of the Virgin Mary as well as other information concerning her Presentation into the Temple, her parents Joachim and Anna, etc. may be found in the "Protoevangelia of James" which was written around the year 170. This book is often cited by early authors as St. Epiphanious, St. Andrew of Crete, St. Sophronius, St. John Damascene, and others.

Besides, these Apocryphal Books much may be learned about her life from the hymns for this day. St. John Damascene wrote: The day of the birth of the Holy Virgin is a day of universal happiness, because through her whole generations of mankind were renewed, and the grief of the mother of mankind, Eve, which was upon them was transformed into happiness.

This Holy Day is the first main feast day in the new Church Calendar which begins on September 1/14. This is appropriate for from this day the fulfillment of God's promise to Adam began.

On the iconostas in Russian Orthodox Churches, in the center of the fourth row of icons we find the icon of the Virgin Mary. On the right and left sides of the same row we find the icons of the Old Testament prophets who made the prophecies concerning her birth.

Upon checking the Saints Calendar Books for this day we found that many famous and some miraculous icons are also commemorated on this day. Among them are the Pochaev (16th century), a very ancient icon in the Kholm Cathedral, The Kursk icon (1295), The Yaroslav Nativity icon (1659), The Siamsk Nativity icon (1524), the Sophia-Premudrost icon in Kiev, the Domnita

Continued on Page 30, Col. 1

THE ORTHODOX HERALD
(USPS 600-140)
(ISSN 0744-1495)
Published monthly by
The Orthodox Herald, Inc.
Transjurisdictional Publication
Special non-profit rate
Entered as Second-Class Mail at
Hunlock Creek, PA 18621 and Mahanoy
City, PA 17948 an additional mailing office.
Founders and Editors: V. Rev. W. Basil
Stroyen, M.A., Ph.D., D.D. and Nina Bohush
Stroyen, R.N., D.D., D. Litt
Phone 717-256-7232
Annual Subscription $5.00 a year.
$9.00 for two years.
Packet Plan Rate on Request
Address all correspondence to:
P.O. Box 9
Hunlock Creek, PA 18621
Contributions are tax deductible
Published since 1952

News CHRONOLOGY

September 1993

DIED: Fr. Alexander Perove, retired, in Altoona, PA.

THE RUSSIAN FLEXIPASS is like the Europass. It allows you to travel on any 4 days during a 15-day period in Russia or any of the CIS countries for a few Russian rubles. You have to buy it in the U.S. or Canada. In U.S. call (800) TGV-RAIL.

IT IS TIME to order copies of **The Orthodox Herald** to be used in Adult Religious and Bible Class and for Sunday School pupils. If your group does not use the Packet Plan, why not order individual subscriptions for yourself and your instructor?

50 YEARS AGO the FROC printed and started to distribute Prayer Books to Orthodox Servicemen. A year later several Orthodox jurisdictions from various ethnic persuasions united and printed a Prayer Book for servicepeople. We still receive requests for this compact but complete book. I had this book in my possession in Russia this July when an Orthodox unexpectedly died while on vacation aboard a Russian ship, a Panahida was found in the book and a service sung for him.

STUDENTS need Planbooks and Calendars. Now you can obtain a copy of one, which is keyed to their Orthodox faith. It has daily Bible readings, saint listings, etc. Send $6 to Youth Ministries, 8 East 79th St., New York, NY 10021 or call (215) 570-3560. The Calendar and Appointment Book uses the "new" calendar.

ORTHODOX CHRISTIAN YOUTH WORKERS CONFERENCES will be held in Los Angeles from 3 Sept. to 3 Oct. 1993 and in Ligonier, PA from Jan. 20-23, 1994. It is sponsored by the Andiochian, Greek and OCA Archdioceses. For info call (212) 570-3560.

SOFTWARE for Bible Study or for financial record keeping and membership programs and a "guided tour" of Holy Trinity St. Sergius Monastery are available. For more info write: St. Nectarios Press Book Center, 10300 Ashworth Ave., No., Seattle, WA 98133-9410 or call (800) 643-4233.

BECAUSE OF SOME SIMILARITY between the Alaska Native Claims Settlement and the use of the Crown and Public Lands of Hawaii, an Orthodox, Fr. Dr. Michael J. Oleksa of Juneau was a delegate with the National Council of Churches of Christ team to investigate the movement for Hawaiian sovereignty and self-determination. The team met with many different pro-sovereignty groups of Hawaii's Native People.

A STUDENT-LED PRAYER at graduation is legal according to the American Center for Law and Justice. The firm also said that it is prepared to assist school districts "in drafting policies that support the free speech rights of students."

SLOVAKIA is the location of most of the Orthodox Churches in what was once Czechoslovakia. A study group organized by the National Council of Churches of Christ has reported its concern about the situation of the minority community of Orthodox. "Serious tensions have resulted from the decision made by the Slovak government to return the church buildings to the Byzantine-rite Catholics." No research has been done to ascertain whether the churches belonged to the Orthodox in the first place or whether there are any Byzantine adherents living in the area serviced by the church. Out of two Orthodox dioceses 135 of 170 churches have been taken since 1990 with only minimal financial compensation to Orthodox who have three bishops and one seminary in Presov.

THE VATICAN is selling 10,000 of its 95,000 churches in Italy. It is stipulating that ex-churches be used only for "cultural purposes" after many had been sold and converted into sports arenas, discos, and fashion runways.

MUCH FOOD IS WASTED in restaurants, especially those with salad bars. USA Harvest, P.O. Box 1628, Dept. P, Louisville, KY 40201-1628 will give direction to get this food for "soup kitchens," etc.

ORTHODOX WOMEN are starting groups. The latest two are Orthodox Christian Women, 4000 Cleveland Ave., St. Louis, MO 63110 and Orthodox Christian Women, 4381 Harvard Ave., Montreal QC H4A 2W9 Canada

RARE DOCUMENTS AND ICONS have been collected the past few decades from throughout Alaska from abandoned village churches, bell towers, etc. and taken to St. Herman's Seminary in Kodiak. This past winter water damaged many of these sacred items. Experts advised that they be frozen immediately, which they were by being taken outdoors, which was 60 degrees below zero. They were then taken to Coast Guard and fishery freezers and will be taken to Texas, where a flash freeze vacuum process will be used returning the water and ice to a gaseous state. It is anticipated that most of the documents and artifacts will be saved among which are the three handwritten volumes of St. Innocent of Alaska.

THE PEACE CORPS is looking for people to work in Russia and other Eastern European Countries.

THE ORTHODOX FOOD CENTER distributes grocery packages to individuals and families in crisis. It is a project of the Council of Eastern Orthodox Churches of Central Massachusetts. The Council made up of Orthodox of Greek, Romanian, Albanian and Antiochian Churches is now in the process of establishing the Holy Trinity Orthodox Nursing Home. For info call (508) 248-4812.

VIDEOTAPES on different services in the Greek Orthodox Church and on Bible Stories for children may be ordered from GOTelecom, 27-09 Crescent St., Astoria, NY 11102. Call toll free 1-800-888-6835.

THE WEEKLY CYCLE

We know that Wednesdays and Saturdays are fast days and that many services for the dead are held on Saturdays, and we wonder why these days have the special significance. The reason for the designations is that they are based on the Weekly Cycle of the Orthodox Church.

Every day of the week has its own special remembrance and prayers, readings and hymns.

The first day, Sunday, celebrates Our Lord's Resurrection and it is so called in Orthodox countries. In Russian the word used for Sunday is **Voskresenie** — Resurrection. The Sunday commemoration begin at Vespers on Saturday evening with hymns, prokimens and prayers which glorify the Risen Christ. The Gospel read at Sundays matins rotates every 11 weeks and is always one of the Resurrection gospels. These gospel readings are: Matt 28:16-20; Mark 16:1-8; Mark 16:9-20; Luke 24:1-12; Luke 24:12-35; Luke 24:36-53; John 20:1-10; John 20:11-18; John 20:19-31; John 21:1-14; John 21:15-25.

On Monday, Archangel Michael and all the Angels are remembered. They proclaim God's glory in heaven and are His messengers on earth. We ask them to keep guard over us and to protect us in the shadow of their wings.

On Tuesday, we honor St. John the Baptist and the Prophets who preached that Christ is coming on earth.

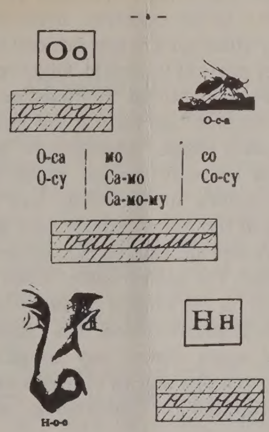
Wednesday is the day on which Judas betrayed Lord Jesus. This is a day of sad memories and so of fasting. The hymns also glorify the Cross.

On Thursday we remember St. Nicholas, the great Archbishop. Also remembered are all the Holy Fathers of the Church, who after the Apostles left the earth guided the Christians. We ask their blessing and prayers for the Church.

Friday is another day of fasting in remembrance of our Lord's Passion and death upon the Cross.

Saturday, the last day of the week, is dedicated to the most Holy Mother of God, the martyrs, hermits, healers and all the saints. We ask them to pray for the dead so that they would have rest and peace in Christ and that we, too, may enter in the "communion of Saints" in everlasting life after we die.

So after remembering all of God's Church already in heaven, we come again to Sunday — Resurrection Day — with its glad message of everlasting life and joy to all who believe in Christ.



REMEMBER THIS?

How many of you can relate to the page from "Nasha Skola" which is pictured above? It is the book which was used by almost every parish in its after school Russian School. This was one of the first lessons. I have found that I have only to recite O, O-ca and most people over sixty will complete the lesson: O-cy, mo, Ca-mo, etc.

There are no Russian Schools sponsored by parishes today. They have been replaced by Church Schools, Sunday Schools, or Religious Education Classes. Unless children are brought to these schools regularly and on time, these schools will also go the way of the Russian Schools of pre-World War II.

GOD NEEDS YOU

I recently read a poem which said: "Christ has no hands but our hands to do His work today." We had much discussion on this thought and upon searching the Scriptures we found that St. Mark in 11:3 wrote: "And if any man say unto you, Why do ye this? say that the Lord hath need of him."

Think of it! The Creator of the universe needs us and desires to fit us into His eternal design! Though omnipotent and not dependent on any creature, He has chosen to carry out His plans in this world through us His lowly human instruments. It's almost beyond human comprehension that God should select common, ordinary people like us to help in His great goal.

St. Seraphim of Sarov was once asked how he was able to accomplish so much. He replied: "This may be why: The Lord looked down from Heaven and said: 'Where can I find the weakest, littlest man on earth?' Then He saw me and said: 'I've found him. I will work through him, and he won't be proud of it. He'll see that I am only using him because of his insignificance'."

You may be small or unimportant in your own eyes, but God wants your help. The fact that He has still left you on this earth means He has some special task for you to perform. Yes, God has need of you and so does your Orthodox parish — offer your hand.

OUR WEAK LOVE FOR GOD

We know little, and in most cases do not try to find out anything about our Orthodox church services, about the life of the Church. We should fill this gap and become living members of the Church.

Few people even realize that the so-called "CHOIR" speaks and sings in the name of the entire congregation, and that in the early Church there were none of these specially trained, professional singers who now perform this "duty". All sang, testifying their own faith and with a sense of responsibility for the words they uttered. Sometimes we do not even know the words ... And how many understand them? When we attend a service in church, we seem to sign a letter we have not read, to assume duties which we ignore. The Church is alive and will live forever. Let us not hang like dry, withered leaves on this everliving tree.

How can we strengthen our life in the Church? The direction of a spiritual father, continual contact with him. Frequent resort to the sacraments, careful preparation before and after receiving them; participation in Church services, prayer at home; the daily reading of the Gospel and religious books; the observance of the Church calendar; friendship and contact with people who believe and belong to the Church.

Why is our love of God weak? Because our faith is weak because we are indifferent to the things of God. Through the study and knowledge of these things faith will arise, and from faith will come love.

F.A. Elchaninov

•The Cross

the veneration and wearing of the Cross is never out of fashion. It is "in" all the time.

Dabs of Thoughts

The Cross and the sign of the cross are the power of God; this is why the Lord is always present in them. St. John Kronstadt

The main Holy Days in September are the Nativity of the Virgin Mary and the Elevation of the Cross.

On the top of every church in Russia in every town which was under the Tartar yoke, the Cross is "planted" on a Crescent.

Wonder what the role of the Russicum in Rome is now that practicing your religion is no longer against the law in Russia?

Sad to note the "absence" of the traditional three-bared cross on the official O.C.A. bicentennial commemorative stamp. Are all roots of the Russian heritage from which the Orthodox Churches in America grew now to be cut off? Although some college students of today are turning away from institutional forms of some religion they are much involved in what might be called "spiritual search." They are looking for beliefs and commitments that will give their life meaning and direction.

There are so many Bible translations since the value of a translation (words) gradually declines overtime because living-active language changes. Translations made in the 16th and 17th century were fresh and up-to-date in their day. Now they may be archaic in grammar and style. We must be careful which translation we use because they have great differences which give entirely different understanding. Books are available (in our library) which enumerate the important differences between as many as 23 translations.

Many Orthodox churches are being returned to the faithful in Eastern Europe. Unfortunately most of them need nearly total restoration, costing thousands of dollars. Besides this, it is almost impossible to get building materials (wood, cement, nails, paint, etc. for restoration).

What has happened to the custom of children and young people calling older persons either Aunt and Uncle and their given names or Mr. and Mrs. and their family name?

EAGLES

In the Bible, there are thirty-four passages which refer to eagles. The bird is native to all countries north of the equator although it is now difficult to find in many parts of the world. Eight species have been identified in Palestine. The most common species are the imperial and golden eagles. Although the golden eagle is the only species which has a golden crown in the USA, two other species of the Aquila family have golden feathers and are seen on rare occasion in Palestine. The golden eagle, about 30 inches tall, is the largest of the birds and with its powerful talons, it is capable of tearing apart almost any animal thus leading to many stories of eagles kidnapping children or destroying animal herds.

The Hebrew word for eagle is Nesher but scholars feel it is really a phonetic word to indicate the sound produced by eagle feathers when the bird is diving upon a prey. The swiftness of the eagle is mentioned twelve times in the Bible and the bird has been clocked at better than 120 mph in a dive. The Jews considered the birds to be unclean because they eat reptiles and carrion.

The eagle nests year after year in the same nest, which can weigh more than one ton, and the bird is described in Deuteronomy as arranging and rearranging its nesting material. Because the mother spreads her great wings to protect her young, both Hebrews and Christians write about the eagle's flight as the kind of protection a soul has as it ascends to heaven. In the Bible, the flying eagle is used in Revelation and is a symbol for St. John the Theologian.

The eagle has been a symbol of power since paleolithic times and has probably been more commonly used as a national symbol than any other animal, e.g. it was the symbol of Roman Empire, the Byzantine Empire, the Russian Empire, the German Empire, the Austrian Empire and Polish Throne and, of course, the bald eagle was adopted by the USA as its symbol.

Larry R. Sherman, PhD

ALASKA FUND

Helping to send copies of The Orthodox Herald to Alaska at this beginning of the Bicentennial Year are Dorothy Crossan, Paul and Doris Rusinko, Vera Vrabel, Joe Demchak, Anna K. Macko and Martha Baranchik in memory of Caroline Ressetar.

WHAT DOES YOUR LIFE REFLECT?

What are you doing with your life? The most miserable people are those who are living for themselves. So utterly absorbed in their own desires and their own ends that they cannot see beyond themselves. How empty and futile their lives must be.

We all should nurture the desire, no matter how small it might be, to do something beyond ourselves for others. To lift them to a higher level — to try to bring about a better way of life. A priest can preach until he is blue in the face and it avails very little unless those listening respond to his message through their lives.

Unfortunately, the clergy are looked upon as professionals and that when they preach or urge people to do this or that or the other thing many people say, "Well, of course, you wouldn't expect him to say anything else — that's his job, his profession. That's what he's being paid to do."

Others close their ears the minute the preaching starts and start thinking of something else completely unrelated to church, their souls and religion.

But when they listen carefully and go out from the Church and stand upon their feet for Christ, then it really counts and miracles happen! People leave these people with the thought "He really believes in Christ and His Church, doesn't he? He really believes that his life has been influenced by what he hears in Church."

We were inspired by two such people this past month. Both happened to be named George but have not met each other. Their lives reflect the love of God and the many sermons they have listened to.

Profanity is the effort of a feeble mind to express itself forcefully.

Finding information about your relatives and forefathers in Europe is a difficult task because many villages and records have been destroyed. Decifering boat manifests is difficult. Record search of both European and U.S. records can be done for you. For information on this service send a self-addressed, stamped envelope to Lawrence Krupnak, 1711 Corwin Dr., Silver Spring, MD 20910.



EDITORS NOTES

For several weeks I traveled in Russia, a land of uncontrolled inflation. I watched people shopping for necessities and marveled at their acceptance of the empty store shelves with prices above their means when items could be found.

When I returned home in August I felt as if I were swimming in opulence. Our modest neighborhood seems to boast two or three cars per family. Homes compared to those abroad seem immense.

Then I saw our possessions with new eyes. Our closets bulge with outfits suitable for any occasion, many not worn for years. Our ½ acre yard requires a good mower, fertilizer, flowers and shrubs and a high water bill to sustain it all.

I am determined to rethink all this. All these things are merely on loan from God and will some day revert back to His ownership. Why not surrender them all to Him today? Let nothing I call "mine" become a god: my home — though I need a roof over my head, let me not hoard its comfort. My car — though I require its transportation, let not the power of driving it master me. My job — let not its sustenance rob me of dependence on God.

For in 2 Peter 2:19 we read: "For by what a man is overcome, by this he is enslaved."

We have had a very busy summer, full of seminars, retreats, conferences, etc. to recharge our batteries. We are now ready to go into a full fall schedule of giving after a summer of getting. We are planning some new helps from **The Orthodox Herald** in answer to many letters we receive. More details will be shared as the plans are formulated.

Something about September makes it a very reflective time. It could also be that the leaves are beginning to change color and with this the sense of an end to summer. So beginnings and the end intertwine in a strange way.

Perhaps this month is as good a time as any to think about the direction our lives are taking. May the month of September be a reflective time for you.

Matushka Nina Stroyen

REMEMBER IN PRAYER

Do you feel a deep concern for a loved one who is living in a way that you feel impairs his or her health, safety, or well-being? What can you do when you know that any advice you give would be unappreciated and go unheeded? Perhaps, you cannot change the life of a loved one, but you can change your concern into earnest and effective prayer on his or her behalf.

St. Paul set the pattern for this in his letters. One of them was to the Romans 1:9, 10 where he wrote: "God is my witness, whom I serve with my spirit in the gospel of His Son, that without ceasing I make mention of you always in my prayers, making requests. He wrote to the Ephesians 1:16-17: "I do not cease to give thanks for you, making mention of you in my prayers: that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him."

Let's pray for the one for whom we are concerned:

"Dear God, my loved one is one of Your unique creations, and as such is capable of expressing the strength and the will to overcome any destructive habit or unproductive behavior. I believe that You have provided my loved one with all that is needed to live a triumphant, healthy, and happy life. My prayers for my loved one call forth Your spirit of perfection within to come to the fore as blessings of strength, wisdom, health, and peace."

The thing that makes men and rivers crooked is following the line of least resistance.

ORGANIZING TIME

One mother of a growing family explained how they manage the evening meal in their home: "The kids have so many activities that we can't eat together any more. I bought a microwave oven and they heat up a meal as they come and go. We try to have supper together one night a week, but that doesn't always work out."

It appears that everyone in this family gets fed, but that's about all. When do they get fed with a sense of belonging? How is their need for values nourished? Where do they find "food" for their questions about faith, relationships, meaning of their lives, and God?

Time-pressure and the pace of life is a problem in most households. When the signs of this pressure become intense, it is time to make a change. It's somewhat like having an illness. When the symptoms become chronic we have to stop and do what is needed to treat the problem.

When time-pressure symptoms such as being hurried, having no time to listen, being short-tempered, having an incredibly messy house, when it takes more time to find your socks than it does to drive to work, when taking time for prayer is as forgotten as is grace said before meals because there are no meals as such, all these are signs that we need to change the ways we use time.

It is obvious that we have to give up some things we enjoy in order to have time for those things we need to live in a healthy way.

PRAYER: Lord, the gift of time is a precious gift. Each minute, each hour, each day holds many opportunities for us. Guide us in our use of time so that our lives become richer, more loving, more peaceful, more generous, more thoughts of family togetherness and of You. Amen.

PRESS FUND

Help in keeping us publishing is appreciated all year 'round; but this month we especially appreciate the thoughtful notes which accompanied some of your donations responding to our needs during the summer months. Thank You, Spasebo! Allen Lucas, Dorothy Crossan, Irene Allen, Vera Vrabel, Veronica Pirow, RN, Anonymous, Leon Coval, Mary Kochmaruk, Mary Superata, Paul and Doris Rusinko, Pauline Danchak, Joe Demchak, Anne K. Macko. Marian Glovinsky in birthday memory of her mother Mary Martha Glovinsky and dear friend Ella Mazurik. Helen Cudlic in memory of Mary Ringo who died at 102 years of age.



I was given a recipe for a spinach casserole which was low in fat. It was delicious and I found myself making it quite often on meat-free days. I was pleasantly surprised to find the same recipe in several of my Russian cookbooks with some small variations. This is good as a side dish or as a main entree.

Spinach Bake

2 - 10 oz. pkgs. frozen chopped spinach
1 cup lowfat cottage cheese
1 pkg. butter buds dissolved in ½ cup hot water
¼ cup hot water
¼ cup finely chopped onions
¼ cup flour
2 eggs, beaten
½ teas. salt
½ teas. Worcestershire sauce
¼ teas. each nutmeg, pepper and thyme
2 Tbls. parmesan cheese

Boil spinach with onion until cooked. Drain well. Combine all other ingredients except cheese. Add spinach. Pour into 1½ qt. casserole. Sprinkle top with parmesan cheese. Bake uncovered 35 min. or until center is set. Do not overbake as it might separate.

Russian variation: Use regular cottage cheese, 3 Tbls. melted butter instead of butter buds, add 1 cup sour cream, eliminate the spices, use ¼ cup any grated cheese with 3 Tbls. dried bread crumbs for the topping instead of the parmesan cheese.

You teach more with your life than with your lips.

•The Birth of the Virgin Mary

icon in Chernigov (1696).

Roses are often used as a symbol of the Virgin Mary. If we examine the seed pod below the petals of a blooming rose, we will find that it is full of the seeds of new life, as was the Virgin Mary, who bore the body of Jesus in her being. "Thy Nativity, O Virgin, has proclaimed joy to the whole universe!"



September 1993

1 2 Cor 9:12-12:10:7
2 10:7-18
3 11:5-21
4 1 Cor 2:6-9
5 **16:13-24 — Sunday**
6 2 Cor 12:10-19
7 12:20-13:2
8 13:3-13
9 Gal 1:1-10, 20-2:5
10 2:6-10
11 1 Cor 2:6-9
12 **2 Cor 1:21-2:4 — Sunday**
13 Gal 2:11-16
14 2:21-3:7
15 3:15-22
16 3:23-4:5
17 4:8-21
18 1 Cor 4:17-5:5
19 **2 Cor 4:6-15 — Sunday**
20 Gal 4:28-5:10
21 5:11-21
22 6:2-10
23 Eph 1:1-9
24 1:7-17
25 1 Cor 10:23-28
26 **2 Cor 6:1-10 — Sunday**
27 Eph 1:22-2:3
28 2:19-3:7
29 3:8-21
30 4:14-19

BIBLE STUDY

This month we have only one reading from 1 Cor 10. There were others in the first week of August. I suggest that you read the whole chapter for in it the Apostle Paul continues in his argument against a self-indulgent spirit, by reminding his converts of the old Jewish church, which was chosen of God, yet because of recklessness and impatience it was visited with Divine judgment. He warns against them forfeiting their liberty.

The motive for the strict self-discipline to which St. Paul subjects himself is the fear that after preaching to others he should find himself rejected, judged by God to be unfit for the final glorious destiny which he promises to others. This reminds him once more of the complacency and self-satisfaction of many of his converts, whose attitude is quite the opposite of his own.

Using as an example the past history of the Israelites, who were God's chosen people in previous centuries, St. Paul warns his readers that their eventual salvation is not automatically secured by their becoming members of the Church, God's chosen people at the time.

It looks as though the Corinthians expected salvation to be automatically guaranteed to them because they had been baptized and received Holy Communion. St. Paul points out that the Israelites in the desert had received a kind of baptism, and that they also had a form of Communion (manna). They had possessed and made use of sacramental rites of their own. And yet, most of them were not accepted by God, for the desert was strewn with their corpses. They had fallen into sin and had been duly punished for it. The same thing, St. Paul implies, may happen to Christians.

St. Paul then gives a list of five examples of the Israelites' wrongdoings, as a warning to Christians to avoid sins of a similar kind. He urges the Corinthians not to lose their crown and their hope of eternal life. He provides for them a warning from the Old Testament, against pride and self-conceit.

Chapter 10 of this Epistle, 1 Cor., is the only place in the New Testament where Baptism and Holy Communion are mentioned together.

GRANDPARENTS DAY

As Americans live longer, four generation families will become commonplace. Children will know their grandparents and even their great-grandparents, especially their great-grandmothers. How different it was with those who are now over sixty-five. Many of them never saw their grandparents.

The increased longevity will also mean that more families will care for very old, frail relatives. Will they see to their comfort and care or will they "granny dump"?

September 12 is set aside as Grandparent Day. Even in a very busy life, time can be made to take an older person for a ride on this day, to call them and chat, or to take them to church.

If you have grandparents honor them in some way — if you don't, there are many older persons who would appreciate being included in your prayers, activities, and thoughts on this day.

MISSION FUND

Helping to inform about the Orthodox Church are Anne K. Macko, Vera Vrabel, Dorothy Crossan, Joe Demchak, William T. Soltis, Paul and Doris Rusinko.